

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

SEPTEMBER 2019

Vol. IX Issue IX

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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CHD Celebrates National Preparedness Month in September

National Preparedness Month (NPM), is recognized each September to promote family and community disaster and emergency planning now and throughout the year. The 2019 theme is "Prepared, Not Scared."

Every September, the Center for Preparedness and Response (CPR) along with its preparedness and response partners in government, private and public health, and academia come together to observe National Preparedness Month (NPM) and encourage year-round personal and community preparedness for disasters, disease outbreaks, and human-caused emergencies.

What is Personal Health Preparedness?

Personal health preparedness is about being ready to care for and protect your health and wellness in the immediate aftermath of an emergency or disaster. That means having the supplies, skill, and self-confidence to bounce back from a difficult or life-changing event like a natural disaster.

Large-scale events, like hurricanes, can cause widespread destruction and long-lasting power outages, disrupt supply chains, and strain public health and health care systems.

When access to resources and the availability of services is limited, it is important to have an emergency supplies kit that includes items from the following categories:

- Personal needs
- Prescriptions
- Paperwork
- Power sources
- Practical skills

Personal needs refers to the unique items—supplies, equipment, and tools—you need to protect your physical, mental, and emotional health and safety in an emergency.



About half of all Americans take a prescription medication as part of their daily routine. Yet, according to a survey done by FEMA in 2012, only 8 percent of respondents said they have medications in their emergency supplies kit. Because a disaster could make it difficult to find an open pharmacy and/or get your prescription filled, it is important that you organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

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Dear Staff,

The difference between success and failure is a great team. No matter how smart, talented, driven, or passionate you are individually, our success as an organization depends on our ability to build and inspire a team. My charge is to spur us to work well together toward a common vision and goals. To further unify us and remind everyone that "We Are One."



We kicked off our "We Are One" theme at an all staff meeting last month; the first since my arrival a year ago. It was important to me that I express to you that your diligence, self-motivation as well as dedication to always go the extra mile in order to achieve the best possible results is admirable and appreciated.

I, along with the Senior Leadership team, know the amount of effort that you have put into your jobs and we want to assure you that your efforts are significantly appreciated. That's why every member of the Senior Leadership team showcased their team's individual accomplishments and thanked them for their hard work and dedication.

I not only wanted to celebrate you, but also highlight the department's accomplishments in 2018, introduce the annual report, and formally announce the goals for fiscal year 2019-2020. Those goals centered around improving community health such as Access to Health Care, Infant Mortality, Nutrition and Food Access, and Mental and Behavioral Health.

Motivational Speaker and Principal Owner at Empire Strategies, Inc., Roland West, was the keynote and he encouraged staff to stay positive and build team comradery. Keep up the good work and remember, we can do better as a team than we can alone. Here's to your--and your team's--success!



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CHD Celebrates National Preparedness Month in September

Paperwork refers to any important papers that might help you prove medical coverage, ownership, or your identity after an emergency. Collect and protect insurance cards, identification documents, and copies of emergency action plans to prepare for a short-notice evacuation because of a wildfire, earthquake, or other event.

On average, people experience about four hours of power loss each year. Power outages caused by a large-scale disaster can last much longer and—as a result—can become life threatening for people who rely on electrically powered medical equipment and devices. Be prepared for a prolonged blackout with alternative heating and lighting, and backup power sources for your cellphone, appliances (i.e., refrigerator), and power-dependent medical devices.

Practical skills are self-health and life-saving skills and lessons that you can learn and practice—some of them every day—to prepare for an emergency. Teach and encourage those around you to learn practical skills. When family, friends, neighbors, and co-workers complete CPR training, for example, it protects your health (you can't perform chest compressions on yourself) and can help build resilience in your community.

Events & Shout Outs!

Sunday, September 15, 12:00—3:00 p.m. — Health Care Access Now 3rd Annual "It's a Great Dad to be a Dad", Cincinnati Reds Urban Youth Academy (2026 E. Seymour Avenue, 45237)

September 15—October 15, National Hispanic Heritage Month

Sunday, October 13 — First Ladies For Health's, 5th Annual Community Family Health Day. Log onto <http://www.familyhealthday.org/family->

Welcome & Congratulation to CHD Staff New Hires

Fatima Khan - Dentist - CCPC/Dental
Emaan Qureshi - Dentist - CCPC/Dental
Malika Smoot - Public Health Educator - Health Promotions/Worksite Wellness

Transfers to Health

Li Liu - Supervising Accountant - TRD/Fiscal

Retiring September 2019

Tina Williams - Dental Assistant - CCPC/Dental 30 years



Smoot



Qureshi



Kahn



Liu

Congratulations to Deann Ramey, BSHC RN, the recipient of 2,500 pairs of Bombas Socks which we'll be given to our patients and those who are experiencing homelessness. View the video here <https://www.webmd.com/dna/removing-the-obstacles>



A Message from the Board of Health



Phil Lichtenstein, MD
Board Chair

The Centers for Disease Control and Prevention recommends that people get MMR vaccine to protect against measles, mumps, and rubella. Children should get two doses of MMR vaccine, starting with the first dose at 12 to 15 months of age, and the second dose at 4 through 6 years of age.

Teens and adults should also be up to date on their MMR vaccination. Children may also get MMRV vaccine, which protects against measles, mumps, rubella, and varicella (chickenpox). This vaccine is only licensed for use in children who are 12 months through 12 years of age.

A Tale of Two Epidemics

Public Health is not a partisan issue. The mission of public health is to create interventions that extend the length and improve the quality of life for all members of our community. Epidemics threaten that mission. When epidemics arise to endanger our community, the Cincinnati Health Department combats those threats by employing evidence-based medical and public health interventions, by conducting community-wide public education campaigns, and by advocating for necessary legislation and changes in public policy.

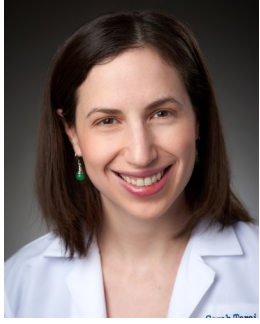
Two epidemics have threatened the citizens of Cincinnati this summer. The first of these, the measles epidemic, has passed almost unnoticed, because of efforts made by the Health Department and other health care providers, to promote life-saving immunization programs across throughout the city. The Cincinnati Health Department has played a substantial role in ensuring vaccination coverage by vigorously promoting measles immunization in its six community-based health centers, its fifteen school-based health clinics, and in an additional twenty schools that are served by Health Department nurses. These programs have achieved a 95% vaccination rate in the schools we serve. This compares with an average vaccination rate of less than 70% that do not have the benefit of Health Department affiliation. The end result of this effort is that, while new cases of measles continue to be identified in other parts of the country, there have been no reported cases in Cincinnati.

The second epidemic, gun violence, has not been successfully addressed and remains a scourge that tragically diminishes the quality of life in our community. More than twenty teenagers have been shot and killed in our streets since school ended in May. One of these was a patient of mine. He was an 18 year old who had overcome significant problems, was set to enter his senior year of high school, and was hoping to attend college. I continue to see, on a daily basis, patients who knew one or more of the other victims. In many cases, they have been afraid to leave their homes for fear of being shot and killed. In other cases, their mothers have been afraid to let them go outdoors for the same reasons. The result is that they have spent most of their summers indoors doing none of the things children and teenagers typically do. They, uncharacteristically, look forward to returning to school where they know they can see their friends again AND feel safe at the same time.

There are effective evidence-based policies for stopping the gun violence epidemic. The evidence is clear: countries that employ common-sense gun control public policy measures have a more than 50% reduction in homicide and suicide deaths compared with the United States. This proves the point that guns ultimately kill people if people who have the intent to kill have access to them. These measures include, among others a) making illegal the sale of assault weapons, bump-stocks and high capacity magazine cartridges, b) insisting on comprehensive background checks for all weapons sales including those that occur over the internet, at gun shows and in stores, c) making illegal the private sale of guns, d) requiring that all gun owners obtain certification that they have participated in gun safety classes.

CHD Celebrates National Hispanic Heritage Month

Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on September 15 and ending on October 15. It was enacted into law on August 17, 1988, on the approval of Public Law 100-402. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively. Also, Columbus Day or Día de la Raza, which is October 12, falls within this 30 day period.



Sarah Tarai, MD, is a Spanish speaking pediatrician at the Cincinnati Health Department. She joined the Health Department in 2018 and practices at Price Hill Health Center.

Dr. Tarai's professional interests include pre-school benefits for children, community-wide care and special needs health. She completed Medical School at Baylor School of Medicine Houston, Texas and her General Pediatrics training at Riley Hospital for Children at Indiana University in Indianapolis. She started as a general pediatrician and hospitalist at Witham Health Services where she helped lead the effort to establish a literacy program, Reach Out and Read, for the practice. She then moved to Cincinnati to start at the Cincinnati Health Department.

What she likes most about working at the Cincinnati Health Department is serving people from all parts of the community. "I love working with my team at Price Hill to ensure these childrens' complex health and social needs are met and building long term relationships with the families."

CDC, FDA, States Continue to Investigate Severe Pulmonary Disease Among People Who Use E-cigarettes

Get the facts about electronic cigarettes, their health effects and the risks of using e-cigarettes.

E-cigarettes are sometimes called "e-cigs," "vapes," "e-hookahs," "vape pens," and "electronic nicotine delivery systems (ENDS)." Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. E-cigarettes are devices that deliver an aerosol to the user by heating a liquid that usually contains nicotine, flavorings, and other chemicals. E-cigarettes can also be used to deliver marijuana or other substances.

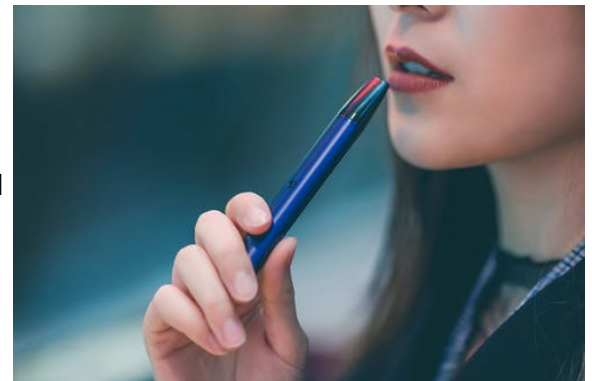
Several states have recently reported cases of severe respiratory illness among teenagers and young adults with a history of vaping. Reported symptoms include cough, fatigue, dizziness, headache, vomiting and diarrhea, chest pain, and worsening difficulty breathing, sometimes requiring intensive care. A variety of vaping products associated with the illnesses have been reported across states.

The Centers for Disease Control and Prevention, U.S. Food and Drug Administration (FDA), state and local health departments, and other clinical and public health partners are investigating this multistate outbreak of severe pulmonary disease associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use. This investigation is ongoing and has not identified a cause, but all reported cases have a history of using e-cigarette products.

Youth should be discouraged from using vaping and e-cigarette products of any kind as the long-term health impacts for youth using these products are unknown. Patients with a history of vaping who are experiencing breathing problems should seek medical care. Health care providers should ask patients with respiratory illness about the use of vaping and e-cigarette products.

If you are concerned about these specific health risks, consider refraining from using e-cigarette products. CHD encourages everyone to follow these safety tips to stay healthy:

- E-cigarette users should not buy products off the street (e.g., e-cigarette products with THC, other cannabinoids) and should not modify e-cigarette products or add any substances to these products that are not intended by the manufacturer.
- E-cigarette products should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. If you use e-cigarette products, monitor yourself for symptoms (e.g., cough, shortness of breath, chest pain) and promptly seek medical attention if you have concerns about your health.
- Adult smokers who are attempting to quit should use evidence-based treatments, including counseling and FDA-approved medications. If you who need help quitting tobacco products, including e-cigarettes, call 1-800-QUIT-NOW.
- If you are concerned about harmful effects from e-cigarette products, call your local poison control center at 1-800-222-1222.



CHD's City of Cincinnati Primary Care earned the 2019 Health Center Quality Leader Award



Thanks to our hard work and dedication, the City of Cincinnati Primary Care (CCPC) earned the **2019 Health Center Quality Leader Award** for being in the **top 10%** of all health centers in overall clinical performance. Congratulations on achieving **Gold** in the quality award rankings.

Health Resources and Services Administration (HRSA) provides Quality Improvement Awards (QIA) to improve the overall quality, efficiency, and value of the health care services provided by the nation's health centers, and to celebrate their recent achievements in providing care to more than 28 million patients. These awards recognize the

highest performing health centers nationwide as well as those health centers that have made significant quality improvement gains from the previous year.

The QIA support HRSA's strategic goal to improve access to quality health care and services, and supports the U.S. Department of Health and Human Service's goal of promoting a value-based payment system by improving the quality, breadth of services, modernization, efficiency, and overall value of primary health care delivered by health centers.

In FY 2019, the U.S. Department of Health and Human Services (HHS) announced nearly \$107 million in Quality Improvement Awards to 1,273 health centers across all U.S. states, territories and the District of Columbia. Health centers will use these one-time grant funds to expand their achievements in clinical quality improvement, care delivery efficiency, and the overall value of health care in the communities they serve.

Next year, CHD's goal is to become a Nation Quality Leaders. To accomplish this, we need to be ranked in the top 1-2% of all health centers in one or more of the clinical quality measures. I am confident that we will achieve this goal!

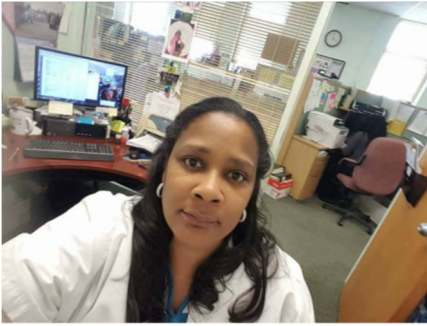
First Ladies for Health, 5th Annual Health Day

September is National Prostate Awareness Month and the Cincinnati Health Department encourages you talk to your doctor, nurse, or other healthcare professional make sure you are up to date on recommended prostate screenings.

Prostate screenings are available during the First Ladies for Health's 5th Annual Health Day on Sunday, October 13, 2019. Prostate Screenings can be done at New Jerusalem Baptist Church (Carthage), New Prospect Baptist Church (Roselawn), Word of Deliverance (Forest Park), College Hill Recreation Center, and Evanston Recreation Center. Log onto <http://www.familyhealthday.org/family-health-day.html> for more information.

	<p>First Ladies For Health</p>	<h1>FAMILY HEALTH DAY</h1> <h2>Sunday October 13th</h2> <p>Power in Unity. One day. 12 locations. ALL ARE WELCOME!</p> <p>FREE Health Screenings Giveaways and Raffles! Visit familyhealthday.org for locations</p>

CHD Names Jackie Silas, Employee of the Month for September



Jackie Silas, RN has been with the CHD for 26 years. She is currently working in Home Health as the Team Lead for the Community Health Worker's. During her tenure at CHD, she has worked two additional stints in Home Health, as well as with Every Child Succeeds, Lead Program, Primary Care (OB/GYN, Quality Improvement/ Nursing Administration. While at the CHD, she's also completed a military career with the U.S. Army.

Ms. Silas has a great wealth of knowledge that she has obtained and shared in her two and a half decade career at CHD. She is always seeing the needs of her fellow employees, and offering kind words and support in times of trouble. She truly cares for her fellow colleagues and is not going to ask anyone to do something that she is not willing to do herself. If you have a concern, you can go to her, address the problem and you know it will be handled. If you have a question, you know she will help you, even if that means she stays over at the end of our workday. She is willing to do whatever she can to help the department strive!

Her nominations had the following comments, "Ms. Silas goes the extra mile for her patients and individuals both in and outside of her program. Ms. Silas spends extra time with her patients when needed making sure they are aware of the community resources that are available. She always offers kind words and support to her fellow employees and patients who are in need of assistance.

Ms. Silas is described as always willing to help; advocate for what is fair and just. It brings her great pleasure to know that she has helped so many people during her career and that quite a few still remember her despite all the time that has passed.

Public Health was a dream job for her while growing up in Chicago, Illinois. She was attracted to being able to educate and service the community to a state of better health and wellness. The military as well as CHD have given her the opportunity to do that.

Retirees and Years of Service Employees Honored

Recent CHD retirees and long serving employees were recognized for their dedication and years of service to CHD at the August Board of Health meeting. Cincinnati Health Department Board Chair, Dr. Phil Lichtenstein and Vice Chair, Dr. Joe Hackworth, joined Commissioner Moore and Ms. B.A. Dixon (HR) to pay tribute to employees during the Years of Service and Retiree Recognition ceremony. This tribute is a bi-annual recognition created by the Labor Management Committee and Human Resources to honor and personally thank staff and improve moral.

RETIREEES RECOGNIZED: Dr. Marilyn Crumpton, Deborah Murphy, Sandra Lloyd Debra Dreyfus, Karen Flowers, and Mary E. O'Leary, Cynthia Ransohoff, Rhonda Johnson, Patricia Hollis, James Wimberg and Dr. Helen Weiss.

EMPLOYEES RECOGNIZED for YEARS of SERVICE: Mary Ann Meehan, 30 Years; Sandra Watson 30 Years; Flossietta Moss, 25 Years; Michelle Williams 25 Years; Carol Thurman 25 Years; and Maxine Watson, 25 Years.

Congratulations to all!!



Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>
 Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>
 Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>